

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

May 2010

Barley Black Bean Vegetable Casserole Rhubarb Rolls Fresh Fruit with Cinnamon Yogurt Dip Teriyaki Chicken Rice Bowl Cereal Bars

Barley Black Bean Vegetable Casserole

2 medium carrots, chopped or shredded
1 cup fresh mushrooms or 1 can (4 ounces) sliced mushrooms, drained
1 can (16 ounces) black beans, rinsed and drained
1 cup frozen or canned whole kernel corn
2 cups chicken broth or 2 bouillon cubes in 2 cups of water
½ cup pearl barley
¼ cup brown rice (regular, not instant)
½ cup chopped onion
½ cup chopped parsley
¼ teaspoon garlic salt
½ cup shredded reduced fat cheddar cheese

1. Preheat oven to 350 degrees.
2. In a 1½-quart casserole dish, combine all ingredients except cheese.
3. Cover and bake about 1 hour or until barley and rice are tender, stirring once halfway through the baking time.
4. Sprinkle with cheese. Cover and let stand for about 5 minutes or until cheese is melted.

Nutrition Note: This recipe makes 6 servings. Each serving has 230 calories, 2.5 grams of fat, and 41 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

Choose the smaller size when buying apples, oranges, bananas, and other individual fruits that are sold by the pound. The smaller size fruits are closer to the 1 cup serving size which helps with portion control.

(From ISU Extension Spend Smart Eat Smart website, <http://www.extension.iastate.edu/foodsavings/>)

Rhubarb Rolls

2 cups all-purpose flour
4 teaspoons baking powder
½ teaspoon salt
4 tablespoons margarine
¾ cup skim or 1% milk
3 cups rhubarb, finely cut

Sauce:

1½ cups sugar
2 tablespoons margarine
1½ cups water



1. Preheat oven to 400 degrees.
2. In a medium-size mixing bowl, combine flour, baking powder and salt. Cut margarine into dry mixture.
3. Add milk to form a dough mixture. Turn out on a floured board; roll out into a rectangle shape that is ¼ inch thick. Place cut rhubarb on dough and roll up. Cut into 1½-inch wide pieces and place in a 9x13-inch pan.
4. To make the sauce, combine sugar, margarine and water in a saucepan. Cook until sugar is dissolved. (For more color you can add red food coloring or a tablespoon of red-colored gelatin.) Pour sauce over rolls.
5. Bake for 40 minutes.

Nutrition Note: This recipe makes 15 rolls. Each roll has 190 calories, 5 grams of fat, and 35 grams of carbohydrates.

Breastfeeding:

Why breastfeed? "It's the best thing for my baby. It's giving them a little jump in life that no baby gets unless breastfed. Even through all the struggles and there are struggles.....you know in your heart that this is how it is supposed to be: a mother and a child. Nine months she gets everything from you so why not after she is born?"

~ WIC Breastfeeding Mom from Fargo, ND



Teriyaki Chicken Rice Bowl

1 tablespoon vegetable oil, divided
1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
4 cups mixed fresh vegetables (such as broccoli, red bell peppers, carrots, snow peas)
½ cup low-sodium teriyaki sauce (or favorite Asian sauce)
4 cups cooked brown rice

1. In a large skillet, heat ½ tablespoon oil over medium-high heat. Cook chicken, stirring occasionally, 10 minutes or until lightly browned. Remove from skillet and set aside.
2. In same skillet, add remaining oil and the vegetables. Cook, stirring frequently, 5 minutes or until vegetables are tender-crisp.
3. Return chicken to skillet with vegetables. Add teriyaki sauce, toss to mix well and heat thoroughly.
4. Spoon rice into individual serving bowls; top with chicken and vegetables. If desired, top with sliced green onions.

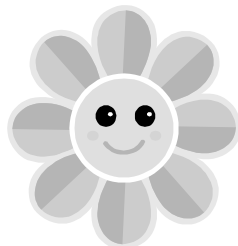
Nutrition Note: This recipe makes 6 servings. Each serving has 290 calories, 4 grams of fat, and 39 grams of carbohydrates.

Fresh Fruit with Cinnamon Yogurt Dip

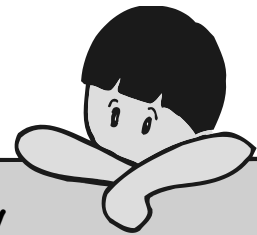
1 apple
1 banana
1 orange
¼ cup orange juice
1 cup vanilla yogurt
½ teaspoon cinnamon

1. Wash each piece of fruit.
2. Core and slice the apple. Slice the banana into thin circles. Peel the orange and break it into sections.
3. Pour the orange juice into a small bowl. Dip the fruit pieces in the orange juice to prevent browning. Place fruit on a plate or in a serving bowl.
4. Mix the yogurt and cinnamon in a small bowl.
5. Serve the yogurt dip with the fruit.

Nutrition Note: This recipe makes 4 servings. Each serving has 120 calories, 0 grams of fat, and 27 grams of carbohydrates.



Turn Off the TV



Help your child think of as many different animals as he can. Now move and act like an animal. Add music for more fun. Here is a list to get you started.

- Armadillo - curl up into a ball and roll
- Snake - wiggle and shake your body, slither on the ground
- Horse - gallop like a horse across the field

(From the Iowa WIC Program)

Cereal Bars

¾ cup white corn syrup
½ cup sugar
1½ cups peanut butter
5 to 6 cups WIC cereal (any variety)

1. In a large kettle, bring corn syrup and sugar to a boil.
2. Stir in peanut butter.
3. Add cereal to peanut butter mixture, stirring until well-coated.
4. Place in a greased 9x13-inch pan.
5. Cool. Cut into squares.

Nutrition Note: This recipe makes 20 bars. Each serving has 200 calories, 10 grams of fat, and 26 grams of carbohydrates.



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GROWING HAPPY FAMILIES

Use the right size dishes.



Children need to use small dishes, cups, glasses, and utensils. Child-sized portions look just right in small dishes. Plus smaller tableware is easier for children to handle and makes less mess with spills occur.



Kid's Page – Kid's Page – Kid's Page

Spring Caterpillar

Take an empty egg carton and cut off the top cover. Then cut the bottom part of the egg carton in half lengthwise. Each half can be used as one caterpillar body. Have your child paint and decorate each caterpillar with whatever craft supplies you have, such as construction paper, glitter, etc. Add eyes and antennae to the caterpillar's head. They can be made out of paper or other craft supplies such as pipe cleaners, etc.



Grow Your Own Grass

Put dirt into a nylon stocking. Mix some grass seed in the stocking and tie shut. Hang outside in some sunlight and water every day. Watch how your grass grows.

Fun Obstacle Course

Needed: Old tires or hula hoops, jump rope, laundry basket, cardboard boxes and/or a chair or stool

How to Play -

1. Outside or in the garage, set up an obstacle course for your child.
2. Set it up so your child has something to go over, under, through, inside and outside. Colored yarn or chalk can be used for your child to follow.
3. Once your child is familiar with the course, have them do it backwards.



Parmesan Whole Wheat Breadsticks

Lightly spread a slice of whole grain bread with margarine. Sprinkle with parmesan cheese. Cut each slice into 4 or 5 sticks. Broil until cheese is lightly browned and bread is toasted.